



TOWN OF ROCKLAND

Board of Health

242 UNION STREET
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PRESS RELEASE

September 25, 2007

Suspension of all Outdoor Recreational Activities

The Rockland Board of Health, in conjunction with the Rockland School Department, announced today the suspension of all outdoor evening recreational activities until further notice due to the recent discovery of West Nile Virus in mammal biting mosquitoes in Rockland.

Many sports and recreational activities occur during the evening and dusk hours, the time of day when many kinds of mosquitoes are actively biting. Other mosquitoes feed during daylight hours. Active participation in outdoor activities increases our availability to mosquitoes. Physical exertion and sweating may also change individual attractiveness to mosquitoes and may decrease the time that repellents are effective.

The suspension is precautionary and allows Plymouth County Mosquito Control to spray the town's recreational fields bringing the mosquito counts down and therefore decreasing the risk of being infected.

The Rockland Board of Health is working closely with Plymouth County Mosquito Control, Rockland School Department, Rockland Park Department and all the privately owned schools and daycares located in Town.

More information on mosquito-borne diseases, on protecting yourself from bites by mosquitoes and on safe application of mosquito repellents can also be obtained by visiting the MDPH website on arboviral (mosquito-transmitted) diseases
<http://www.mass.gov/dph/wnv/wnv1.htm>.



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West Nile Virus Confirmed in Mosquito from Rockland - September 25, 2007

The Massachusetts Department of Public Health (MDPH) announced today that West Nile Virus (WNV) has been detected in mosquitoes collected from Rockland.

WNV is most commonly transmitted to humans by the bite of an infected mosquito infected with the virus. While WNV can infect people of all ages, people over the age of 50 are at a higher risk for severe infection.

People have an important role to play in monitoring for WNV and protecting themselves and their loved ones.

Avoid Mosquito Bites

Be Aware of Peak Mosquito Hours – The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing.

Clothing Can Help reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Apply Insect Repellent when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023) or oil of lemon eucalyptus (P-methane 3, 8-diol(PMD)) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under 3 years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to the skin.

Mosquito Proof Your Home

Drain Standing Water – Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty unused flower pots and wading pools, and change the water in birdbaths frequently.

Install or Repair Screens – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

The Board of Health will continue to work with the MDPH as well as Plymouth County Mosquito Control. Residents are urged to take the above precautions to limit exposure. Information about WNV and WNV activity in Massachusetts can be found on the MDPH website at www.mass.gov/dph/wnv.